



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09165, Litchis, dried

Report Date: June 30, 2017 12:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Common Name: lychee

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse:46% Refuse Description: Shell and seeds

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit 2.5g
Proximates					
Water	g	22.30	--	--	0.56
Energy	kcal	277	--	--	7
Energy	kJ	1159	--	--	29
Protein	g	3.80	--	--	0.10
Total lipid (fat)	g	1.20	--	--	0.03
Ash	g	2.00	--	--	0.05
Carbohydrate, by difference	g	70.70	--	--	1.77
Fiber, total dietary	g	4.6	--	--	0.1
Sugars, total	g	66.10	--	--	1.65
Minerals					
Calcium, Ca	mg	33	--	--	1
Iron, Fe	mg	1.70	--	--	0.04
Magnesium, Mg	mg	42	--	--	1
Phosphorus, P	mg	181	--	--	5
Potassium, K	mg	1110	--	--	28
Sodium, Na	mg	3	--	--	0
Zinc, Zn	mg	0.28	--	--	0.01
Copper, Cu	mg	0.631	--	--	0.016
Manganese, Mn	mg	0.234	--	--	0.006
Selenium, Se	µg	1.3	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit 2.5g
Vitamins					
Vitamin C, total ascorbic acid	mg	183.0	1	--	4.6
Thiamin	mg	0.010	1	--	0.000
Riboflavin	mg	0.570	1	--	0.014
Niacin	mg	3.100	1	--	0.077
Vitamin B-6	mg	0.090	--	--	0.002
Folate, total	µg	12	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	12	--	--	0
Folate, DFE	µg	12	--	--	0
Choline, total	mg	12.7	--	--	0.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.31	--	--	0.01
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.6	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.270	--	--	0.007
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit 2.5g
14:0	g	0.006	--	--	0.000
16:0	g	0.190	--	--	0.005
18:0	g	0.065	--	--	0.002
Fatty acids, total monounsaturated	g	0.328	--	--	0.008
16:1 undifferentiated	g	0.004	--	--	0.000
18:1 undifferentiated	g	0.324	--	--	0.008
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.361	--	--	0.009
18:2 undifferentiated	g	0.184	--	--	0.005
18:3 undifferentiated	g	0.178	--	--	0.004
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.033	--	--	0.001
Lysine	g	0.187	--	--	0.005
Methionine	g	0.042	--	--	0.001
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0